This year the Malta Association of Physiotherapists (MAP) celebrated World Physiotherapy Day on the 10th of September 2016. In Malta the 8th of September is a public holiday which is celebrated by a popular national event. The MAP Committee therefore decided to organize our main event later that same week so as to enhance participation from the general public.

This year’s theme is “Adding life to years”. The MAP and ‘Active for Life’, (MAP’s special interest group for older persons) collaborated together to organize our main event. The activity included supervised exercise followed by a walk aimed at older adults as well as the general public. Pedometers were distributed to the general public whilst advice on exercise promotion and public health was given by physiotherapists. MAP Future (MAP’s student and early career professionals group) was also roped in and assisted by manning water stations, assisting older adults with their exercises and explaining pedometer use to participants. A press release was issued and the event was promoted through local newspapers, social media, Local Councils and via flyers.

As a precursor to this event the MAP Future group organized exercise classes for elderly residents at St Vincent de Paule Facility on the 6th of September. As can be seen by the attached images, this event was a great success and truly promoted movement for health amongst the participants!

Other events are being organized by physiotherapy departments at different local hospitals.

The Child Development and Assessment Unit will be organizing games and classes for children and their parents and guardians on the 13th of September.

The Physiotherapy Department at St Luke’s Hospital and Karin Grech Hospital are organizing various exercises classes for the general public at Local Councils and centers.

The Physiotherapy Department, on the sister island of Gozo, also celebrated a week of events in relation to the World Physiotherapy Day from the 29th August till the 2nd of September. During the first four days, a Fall Prevention campaign at the Elderly Day Centre in Ghajnsielem consisting of short educational talks followed by exercise classes for older adults was organized. A station was also set up at the general hospital’s main reception area where physiotherapists gave information about physiotherapy as well as informative leaflets regarding this year’s theme. Physiotherapists also held Pilates classes for hospital employees and distributed informative posters in all wards, departments and offices. All the events were very well attended!
World Physiotherapy Day
Posters

C.D.A.U Physiotherapy is organising a fun filled day for the young ones!
Date: Tuesday 13th September 2016
Venue: AFM Gymnasium Luqa
For more information & registration kindly contact C.D.A.U physiotherapy on 25951794

Kindly register for the day by Monday 5th September

WORLD PHYSIOTHERAPY DAY 2016

Feel Better, Move Better.
Add Life To Your Years.

Supervised exercise, followed by a walk aimed at older adults as well as the general public organised and run by specialists in the field.

Pedometers will be distributed to the public as well as advice on exercise promotion and public health.

10/09/2016
5.30pm
Triq il-Torri, St Julians
(Opposite Vecchia Napoli)
World Physiotherapy Day
Walk, exercise and public health for older adults.
10/09/16
World Physiotherapy Day
Exercise Class For Residents in a Care Home
06/09/16